TECHNOLOGY FEAR THERAPY TALK

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@mrhooker

Take out your phone
find a picture that brings
you joy.
Stand up and share it
with someone.
00
SECONDS

Kids?
Pets?
Location?

Spouse?

2027
2030
2031

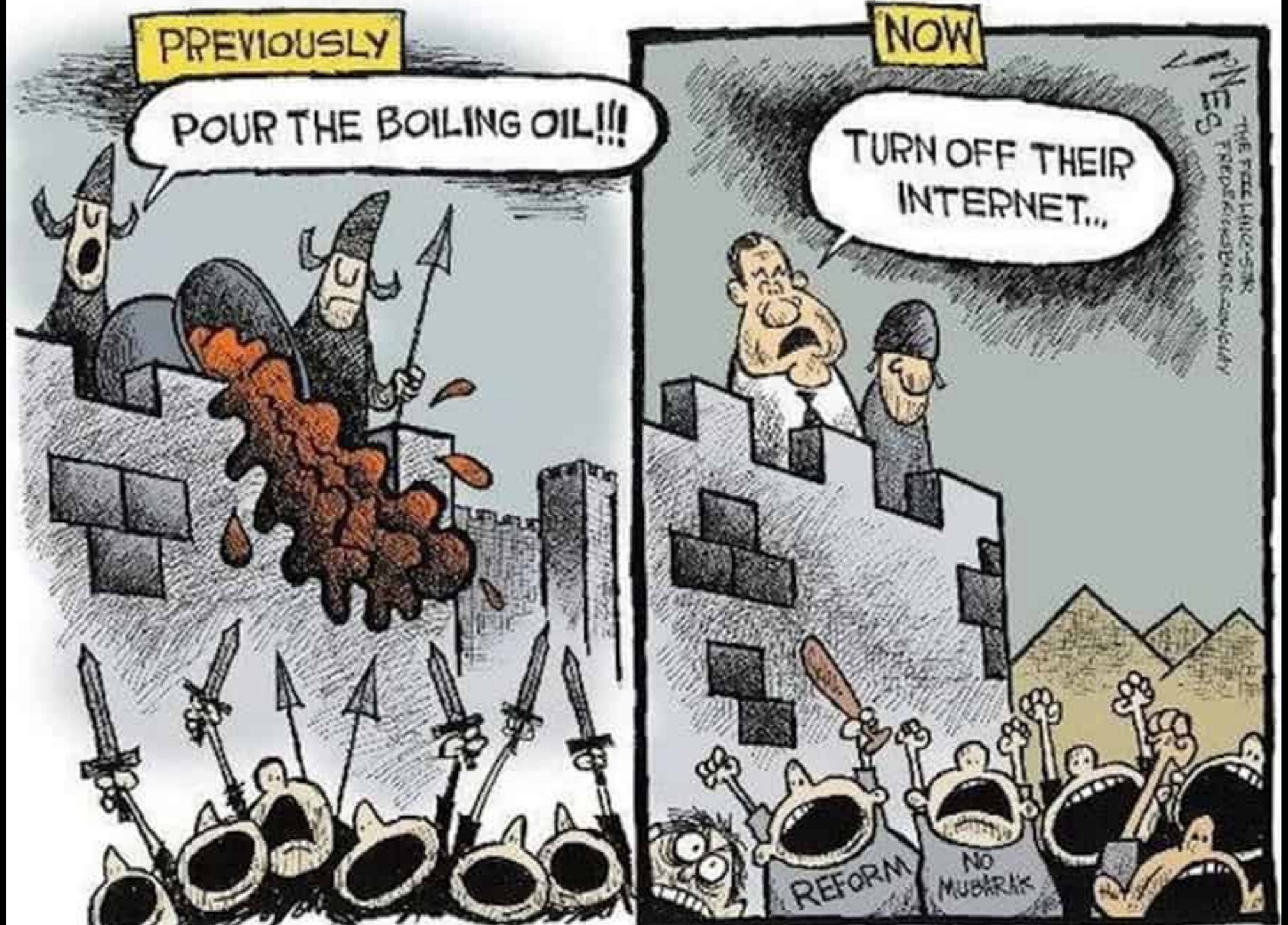
“Alexa, I want some puppies.”

“Alexa, give me a pet from the Amazon.”

A gift for you
Daddy, Enjoy your gift! I sure like that Echo Dot! From Caroline
A gift for you
Thanks Dad for the Echo Dot, Enjoy your gift! From Sophia
Jules
A gift for you
Hi Dad, Thanks for the Echo Dot! From Lauren
amazon Gift Receipt
Send a Thank You N
You can learn more about your g
start a return here too.
Scan using the Amazon app or
http://a.co/f65JU3k
50" Boa Constrictor Jungle
Order ID: 111-0235696-5416224 Ordered on August 29

```
**** COMMODORE 64 BASIC V2 ****
 64K RAM SYSTEM  38911 BASIC BYTES FREE
READY.
LOAD "*",8,1
```

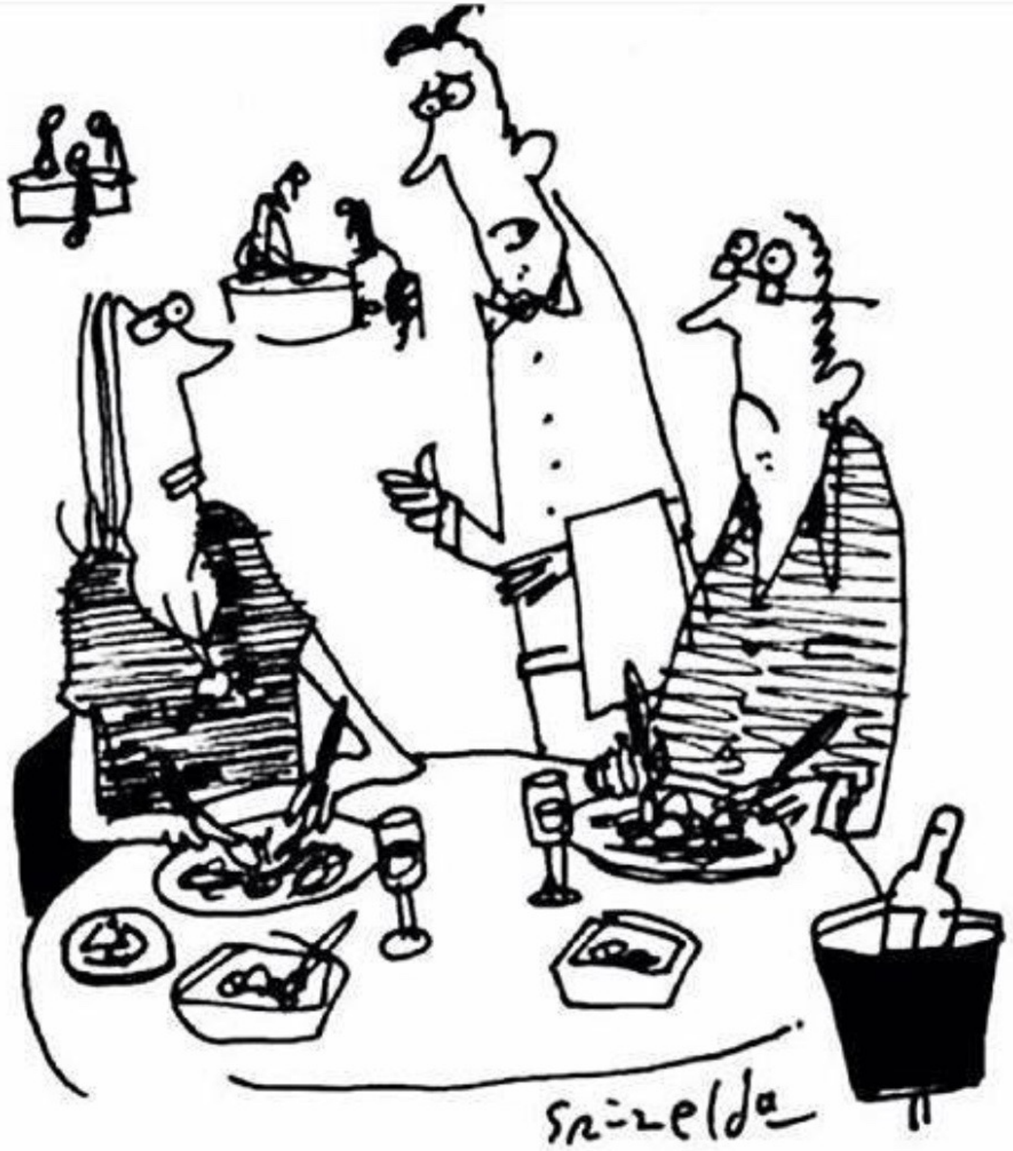
OW TIMES HAVE CHANGED


PREVIOUSLY
POUR THE BOILING OIL!!!
NOW
TURN OFF THEIR INTERNET...
REFORM
NO MUBARAK

Don’t get a car with a stranger

Don’t meet people from the internet

Today:
Contact a stranger from the internet to ride in their car.



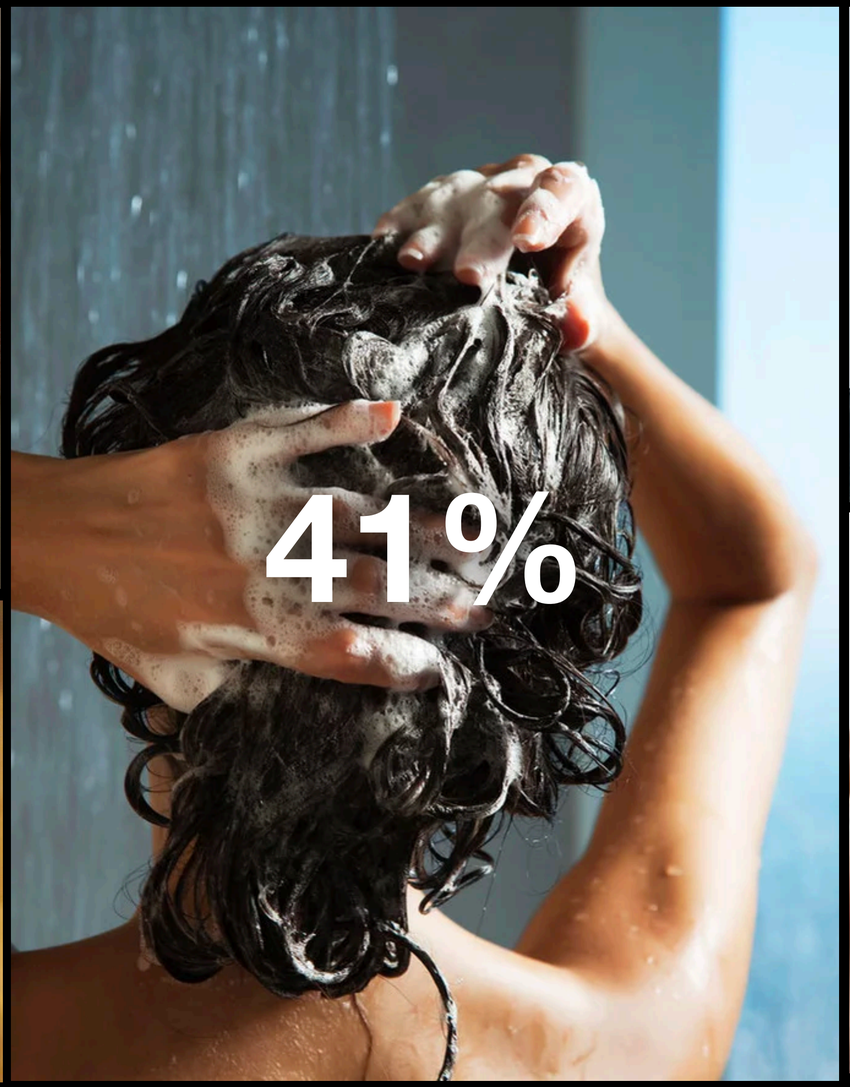
"Is everything OK? You haven't photographed your food."

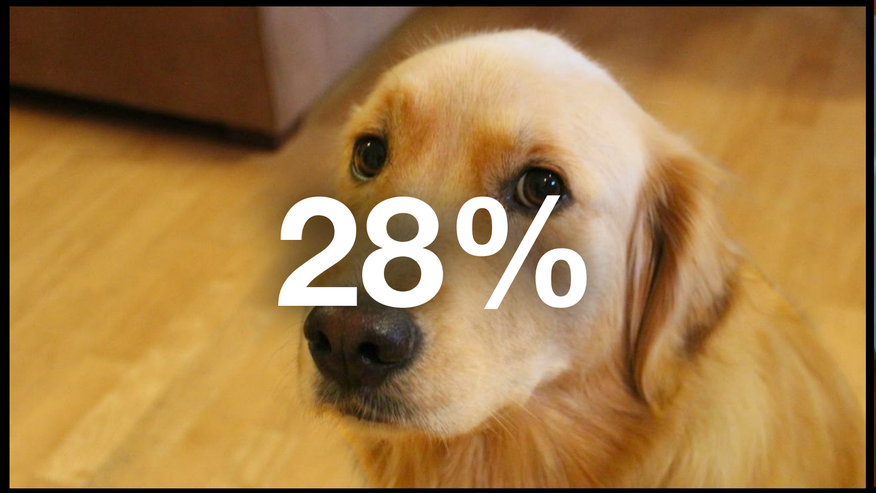
21ST CENTURY PARENTING

TRENDS

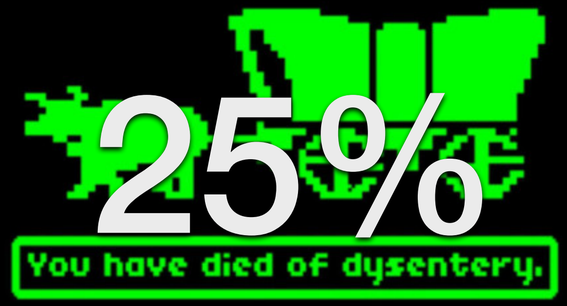
MILLENNIALS

Percentage that would give up something vs. giving up their phone:



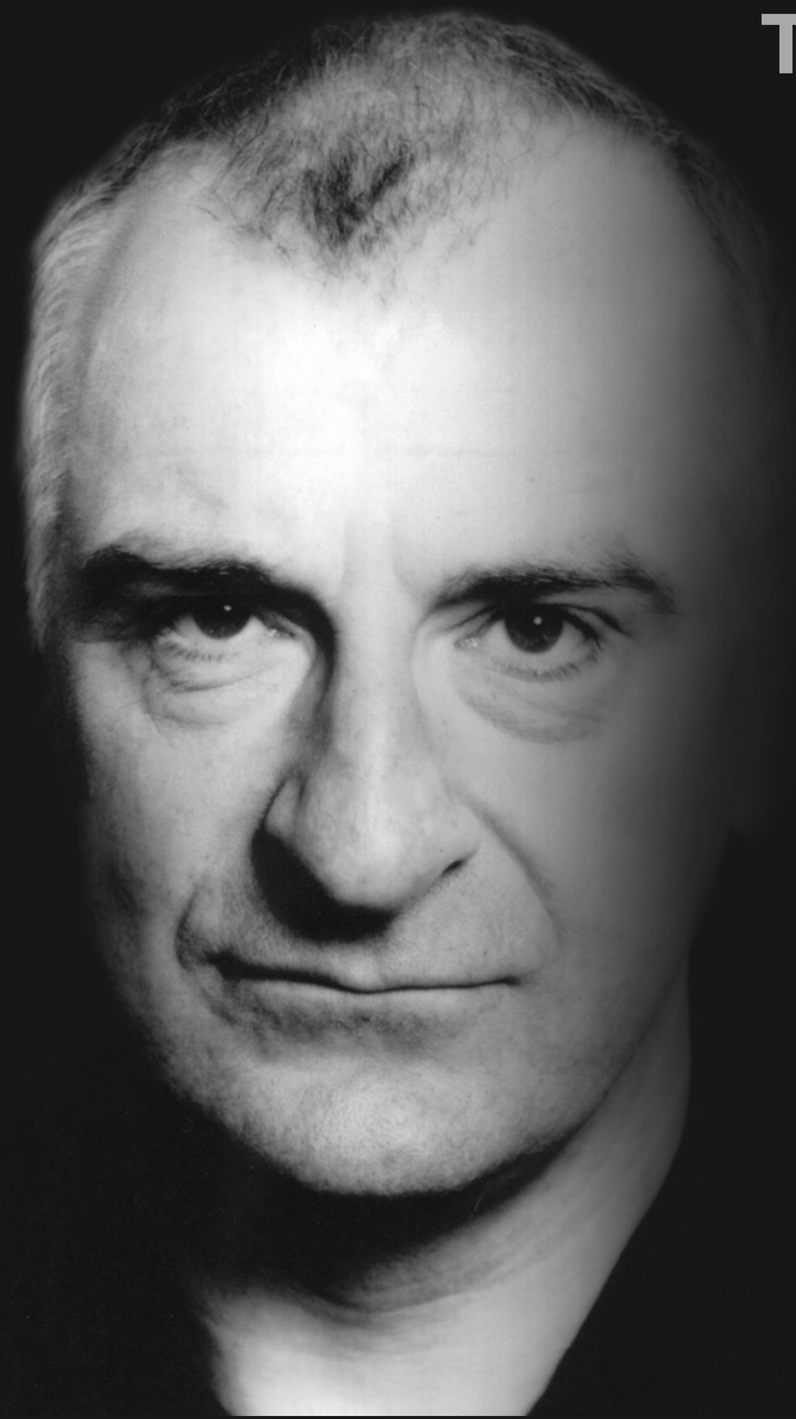


When I asked 3rd-5th graders to identify the following….



Invented in 2008

Invented in 2007



Technology is….

1. Anything that is in the world when you're born is normal and ordinary and is just a natural part of the way the world works.

2. Anything that's invented between when you're fifteen and thirty-five is new and exciting and revolution and you can probably get a career in it.

3. Anything invented after you're thirty-five is against the natural order of things.

-Douglas Adams

When we change the way we communicate, we change society.
-Clay Shirky

Imagine young people longing for an alternate reality. One where regular rules of life do not apply, and one where your imagination prevails. Their parents worry, because this alternate reality is so compelling that these young people sometimes don't want to leave it. They don't want to go outside – they have all they need from their new world. Some of them never want to go back to the realities of everyday life.

Margaret Cohen - Professor - Stanford University

Margaret Cohen

Professor of 19th Century French Literature

NATURE

A Weekly Journal for the Gentleman Sportsman, Tourist and Naturalist.

VOLUME I. NEW YORK, SATURDAY, NOVEMBER 2, 1889. NUMBER 1.

NATURE,

A Journal for the Gentleman Sportsman, Tourist and Naturalist.

Contributing Editors:

WILLIAM C. HARRIS. CHARLES HALLOCK.
CHAS. BARKER DRAIFORD. J. CHARLES DAVIS.

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Address—

NATURE PUBLISHING COMPANY,
No. 10 Warren St., New York.

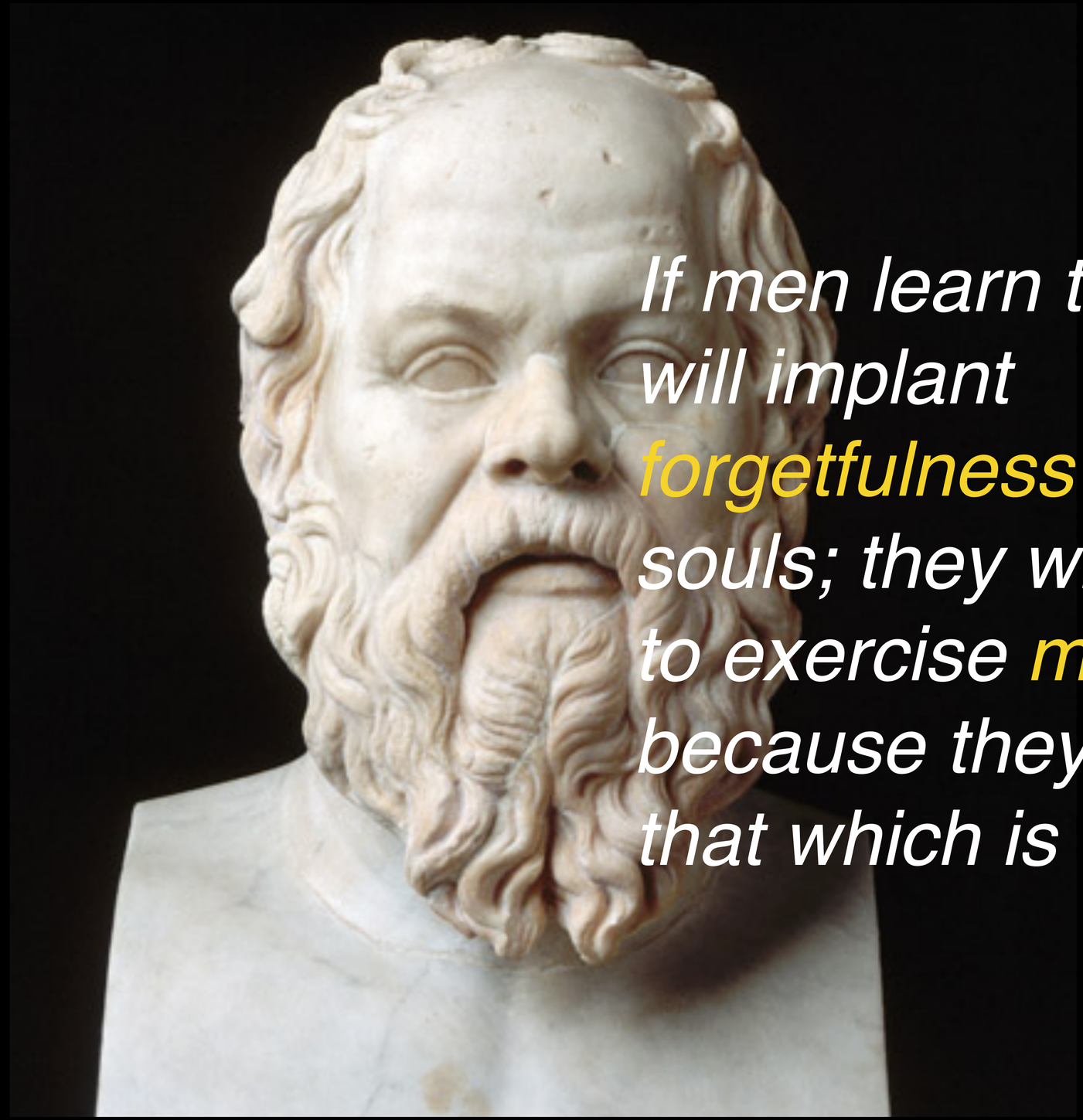
The telephone is the most dangerous of all because it enters into every dwelling. Its interminable network of wires is a perpetual menace to life and property. In its best performance it is only a convenience. It was never a necessity.

And the thunder in the mountains,
Whose inaccessible echoes

THE true sportsman—not the murderous, law-breaking market-game supplier, who wantonly butchers game in and out of season for money, nor the fellow who "shoots because it is quite the thing, ha, ha," but the true sportsman who hunts and angles for the pleasures of the chase itself and the natural beauties of the out-door world—studies and follows the game law as much as he studies and follows its subjects.

THE generally bright little *Evening World* in its issue of October 17 has a column of short stories of field sports. Here are a few of the cockney errors for practical sportsmen to laugh over. One of the writers says he heard a noise in the bushes and fired in the direction of the sound. This is, indeed, a chivalrous sporting incident. Another writer contributing to the same column says he used in killing a deer two and one-half ounces of duck shot. Further down in his yarn he says the shot was No. 8. Some persons may use No. 8 shot on duck, but it can not be called duck shot any more than No. 10 can. The copy-reader should have marked the number down just half. And he used two and one-half ounces! If so, he must have had luck of it at least seven drams of powder and in order to burn that amount his gun must have been a small cannon and his arm made of steel. The contributor of the last yarn says he called his dog and started for moose. We shall next hear of the daily newspaper sportsmen going for buffalo and elephants with the dog.

SINCE the publication of that charming work, "The American Anglers' Book," by Thaddeus Norris, issued in 1864, we have not had an exhaustive text-book on our native fishes. Norris was the first American writer on the subject, but he treated of only sixty-four species—dr-



If men learn this, it will implant forgetfulness in their souls; they will cease to exercise memory because they rely on that which is written

-Socrates

Stand n' Talk

What are some issues you struggle with as a parent around technology?

Parent Fears

45%

25%

https://www.mid-day.com/articles/parents-fear-social-media-more-than-drugs/19181164

DISCLAIMER ON RESEARCH

The New York Times

BEWARE OF:

A Dark Consensus About Screens and Kids Begins to Emerge in Silicon Valley

"I am convinced the devil lives in our phones."

- Misleading or extreme titles
- Lack of research
- Anecdotes that support the narrative

Discussing FACTS and myths around technology

Myth:

Using apps release dopamine that affect the brain like heroin.

FACT:

Dopamine is a chemical release that alerts the brain that there is about to be a reward. It happens when you look at your phone...

...and when you look at an infant child.

Myth:

Steve Jobs, Bill Gates and other Silicon Valley Execs ban their kids from technology and send them to non-technology schools.

FACT:

Gates and Jobs limited technology use in homes and less than .5% of Silicon Valley execs send their kids to non-tech schools...

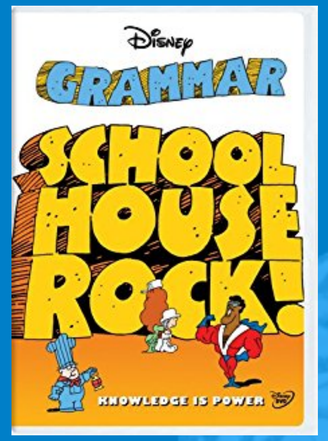
...the same percentage of non-Silicon Valley parents that send their kids to non-tech schools.

SCREEN TIME

FACT:

Screens affect the brain.

...as does reading, laughing, listening to music, watching a movie, or going on a jog.



Educational

Passive

Interactive

Entertainment

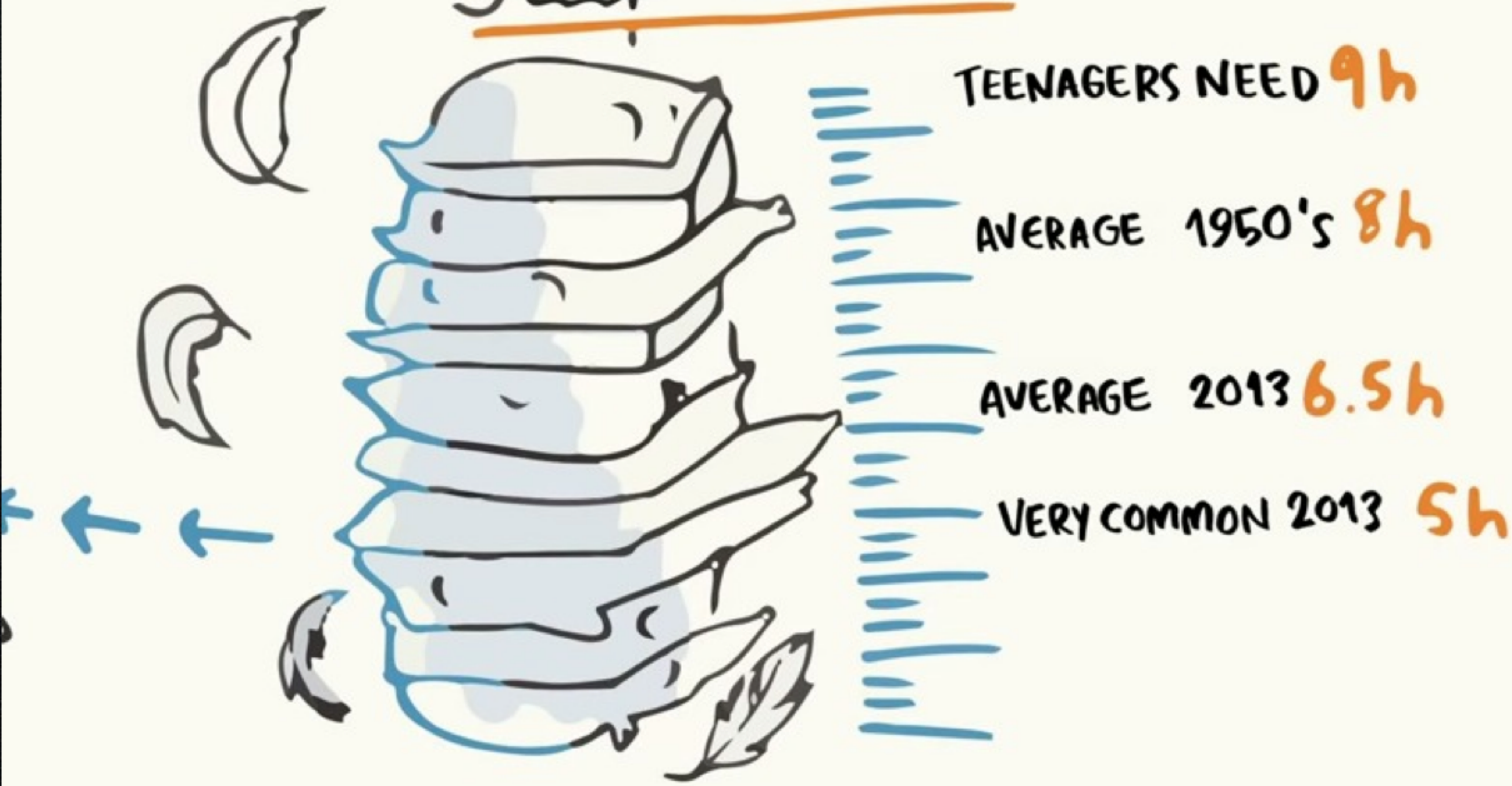
12
What's New

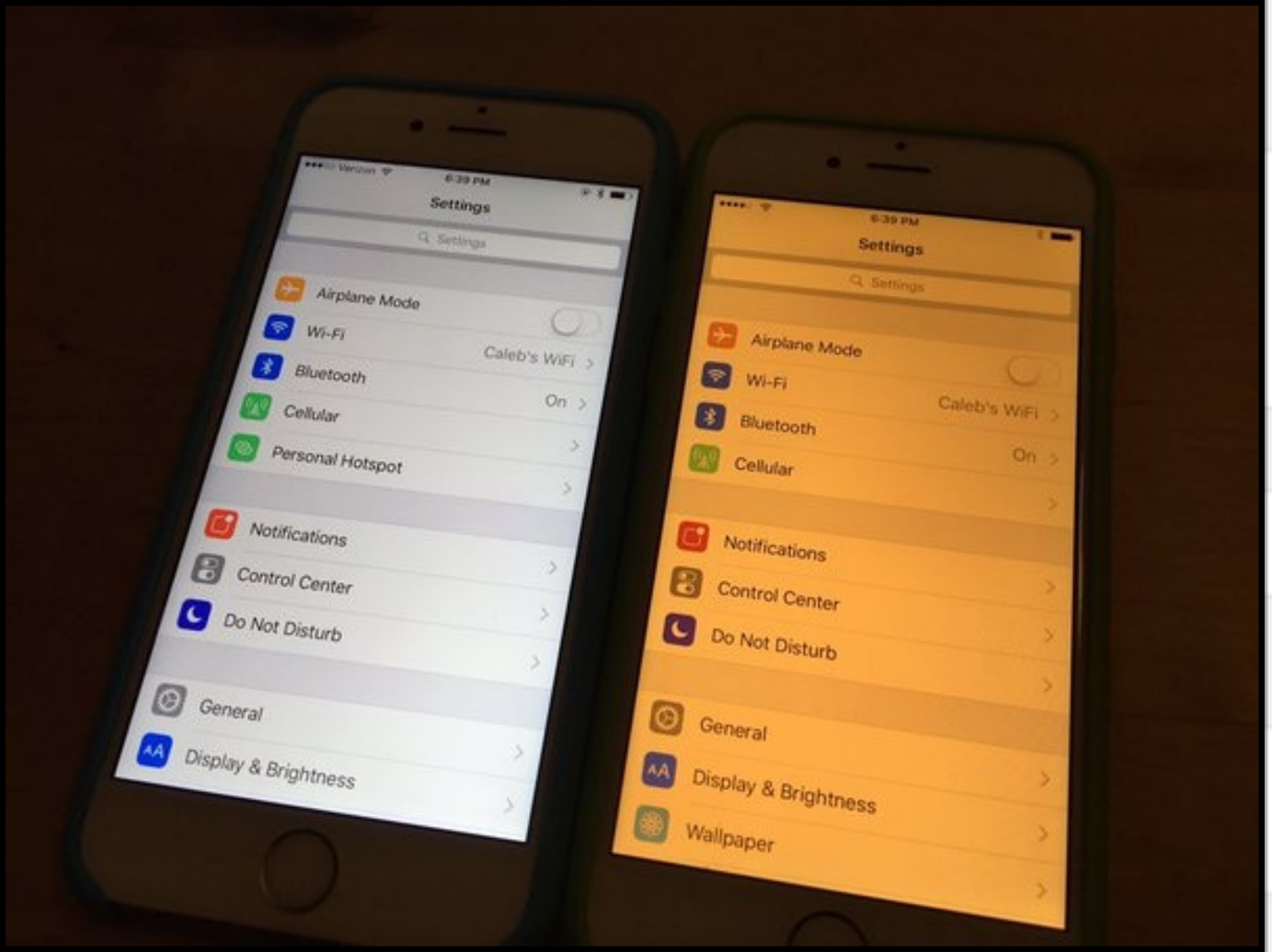
AT&T
7:59
Wednesday, June 20
DOWNTIME
Screen time will be limited until 10:00 AM.
Swipe up to open
7:59
Slack
Spark
WordPress
GoogleCale...
App Store
Maps
Home
CARROT⁵
Music
Pandora
Sonos
YouTube
Activity
Camera
Photos
Tweetbot
Mail
Clock
Reminders
Notes
Calendar
YNAB
1Password
Settings
7:59
Time Limit
You've reached your limit on YouTube.
Ignore Limit
7:59
Time Limit
You've reached your limit on YouTube.
Ignore Limit
Remind Me in 15 Minutes
Ignore Limit For Today
Cancel

Affect on Circadian Rhythm

I live for the moment when my phone is fully charged, so I can unplug it and roll to the other side of my bed

Sleep o-meter





Night Shift automatically shifts the colors of your display to the warmer end of the color spectrum after dark. This may help you get a better night's sleep.

Scheduled

From 10:00 PM
To 7:00 AM

Manually Enable Until Tomorrow

COLOR TEMPERATURE

Less Warm More Warm

Warmer settings may affect the appearance of some onscreen motion.

What it does for you:

Connect with others
Create
Capture
Be productive
Catch up with world events
Commerce
Security

What it *could* do to you:

Distraction
Inattentiveness
Constant communication
“Always On”
Decrease social interaction
Sleep disorders
Reduces privacy

CYBER SECURITY

CYBER SECURITY TEST

3 Step Challenge

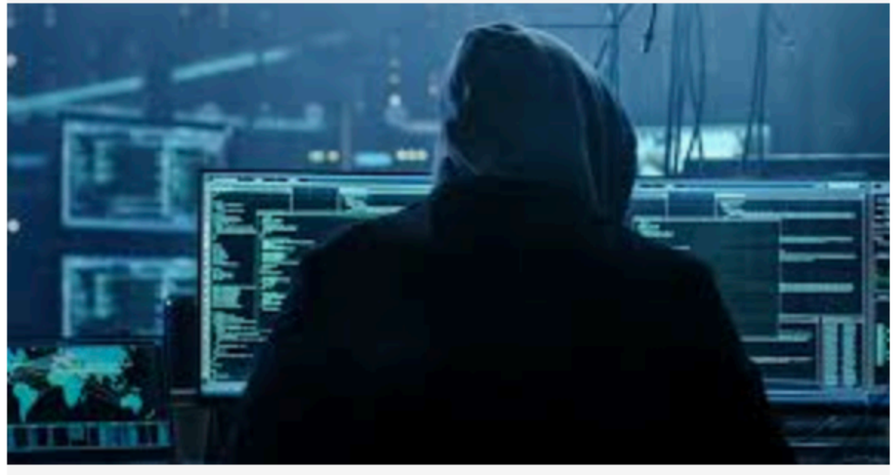
1. Take out your phone
2. Open up your text messages
3. Pass it to the person next to you

What do you think of when you hear the term “hacker”?

The Time Hacker Method – Hacker Noon
hackernoon.com

Hacker shows Reg how one leaked ho…
theregister.co.uk

How To Be A Hacker (Latest Version ...
youtube.com



Hack The Hacker - Info-Desk - SWITCH ...
switch.ch

What Is Network Hacking and Why Is…
lifewire.com

Hacker group Legion calls Indian…
m.economictimes.com

Former
fortune.c

CHAP RESEARCH

Bank pswd:
lucky 77
yahoo: mary79/a
pswd: eric313204
WARNING
AMD
Turion X2
HP Pavilion Entertainment PC

05:39
GUAM
19:39
GMT / ZULU
Kensington
AXIS Camera Station
Post Reply
Discussion Home -> Main -> Discussion Forum 2: The Logic of Sampling
Password
Warmingpoint2

PASSWORD TRENDS

Top Passwords Used in 2018

123456

password

12345678

qwerty

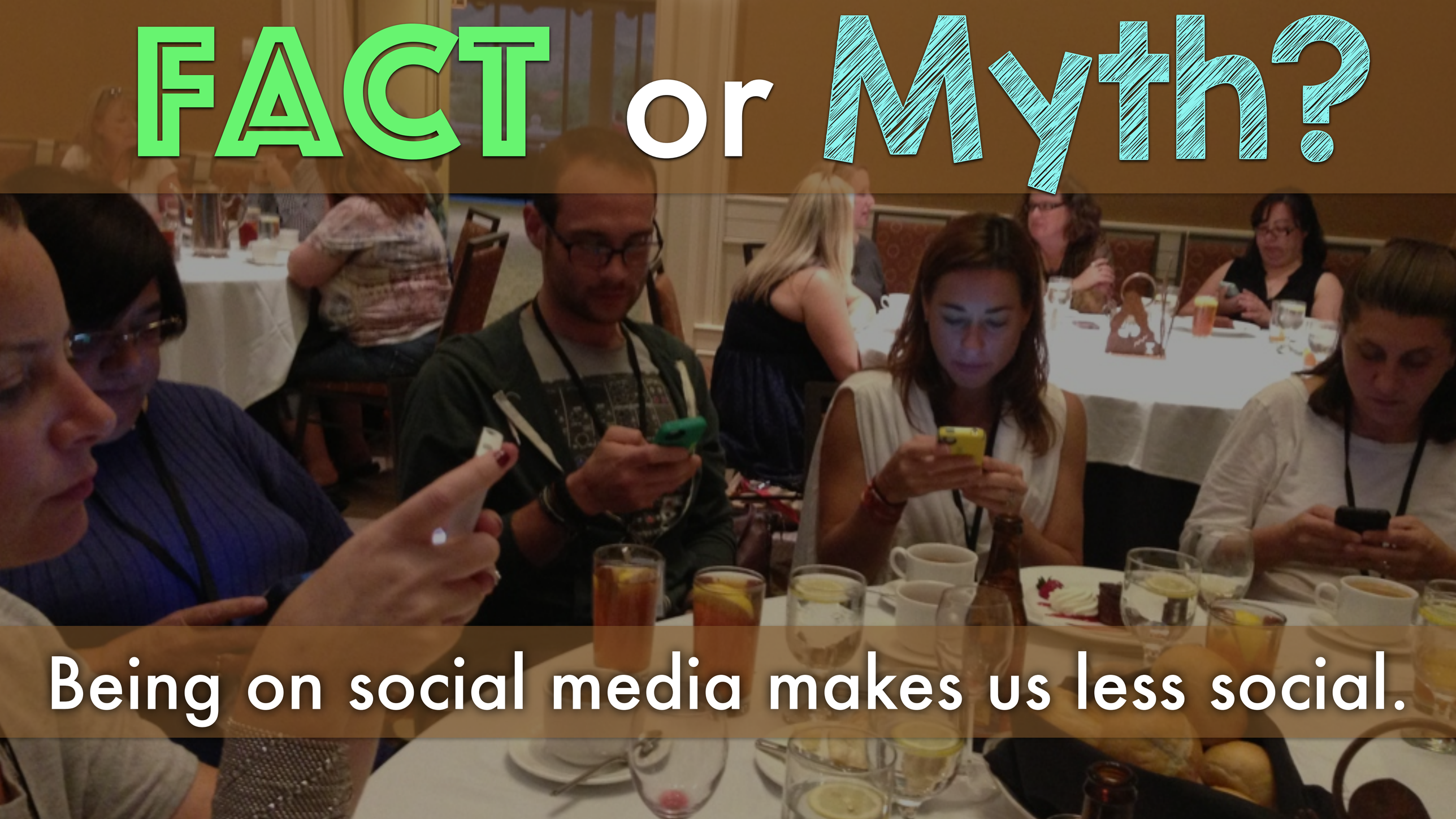
TOURS

SOUVENIRS

SOCIAL MEDIA

#TechFearTherapy

MVP
ALL STAR


FACT or Myth?
Being on social media makes us less social.

FREE
New York World Telegram

[1] social

adjective | so·cial | \ˈsō-shəl\

Popularity: Top 10% of words

Simple Definition of SOCIAL

: relating to or involving activities in which people spend time talking to each other or doing enjoyable things with each other

media

noun | me·dia | \ˈmē-dē-ə\

Definition of MEDIA

: the system and organizations of communication through which information is spread to a large number of people *Hint: Media* can be used as a singular or a plural in writing and speaking.

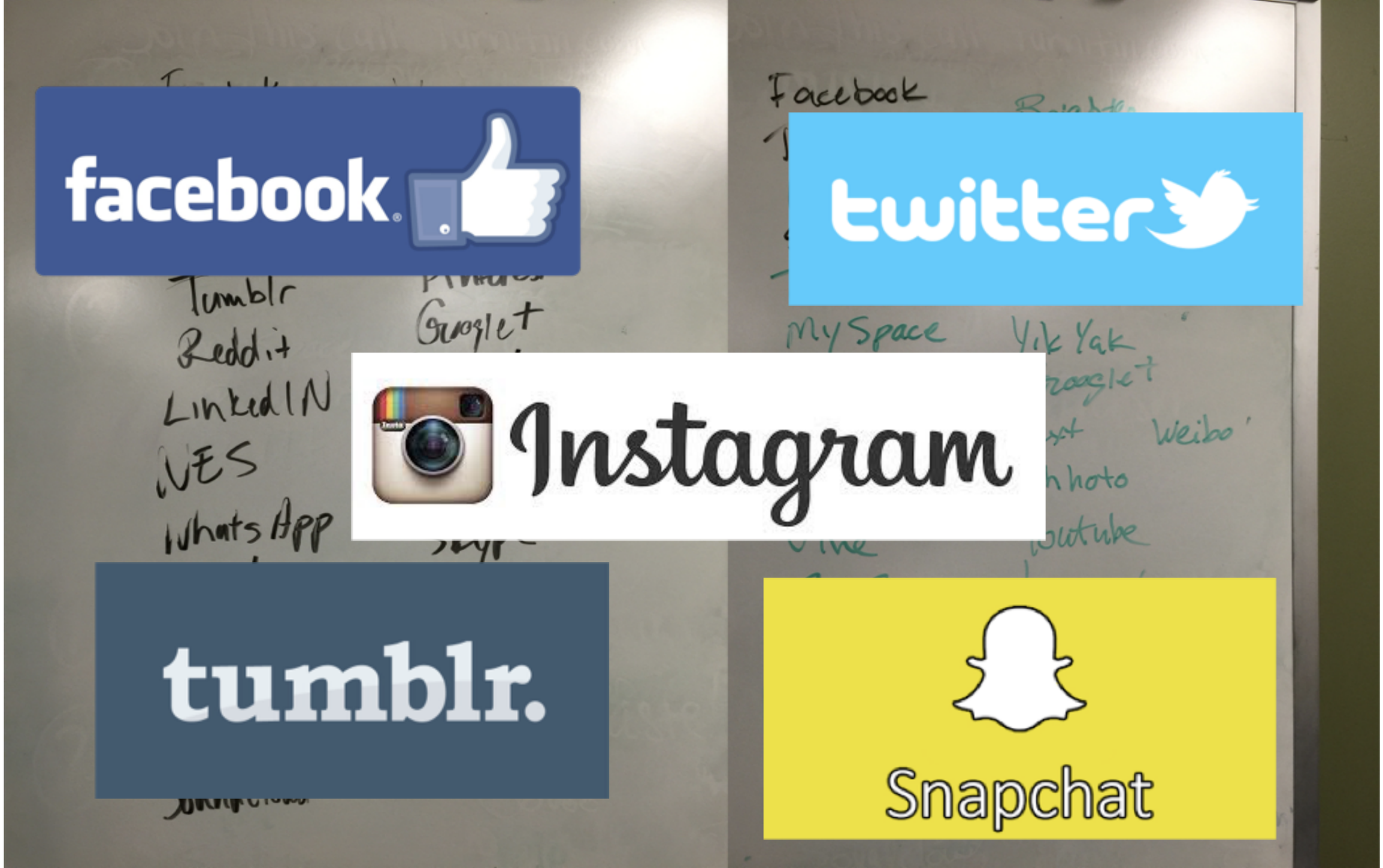
CHALLENGE #2

In 1 minute - Get with a partner or small group and list as many social media sites/ apps you can think of.

1:00

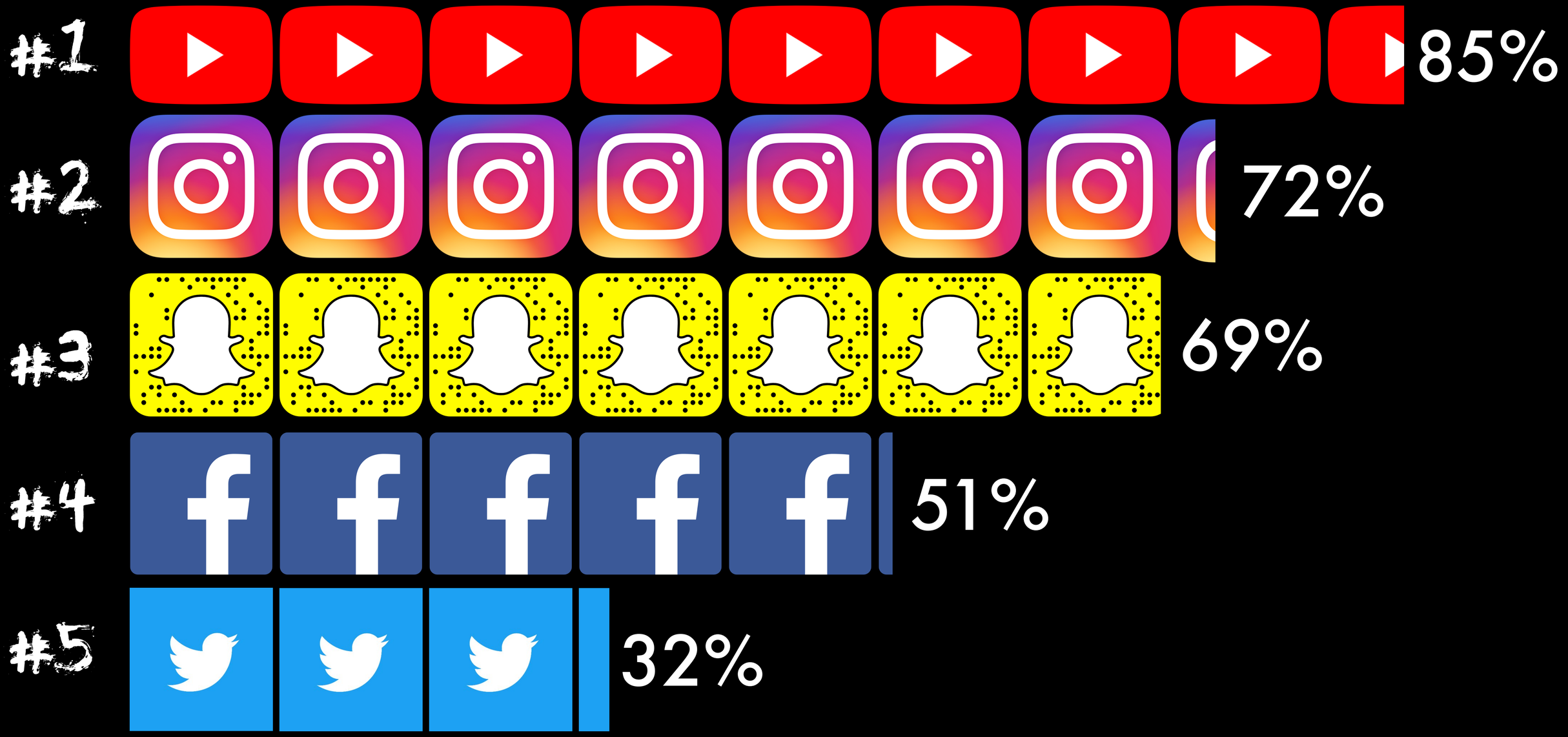
Stop

CHALLENGE #1
In 2 minutes - Get with a partner or small group and list as many social media sites/ apps you can think of.
0
patagonia


facebook
twitter
Instagram
tumblr.
Snapchat
Facebook
Tumblr
Reddit
LinkedIN
iVES
WhatsApp
Google+
MySpace
Yik Yak
Weibo

Google docs
XBOX
amazon
Dota
Text Free
WhatsApp
Tinder
MySpace
Omegle
Soundcloud
Tinder
Photo

Top 5 Social Media apps amongst U.S. Teens



According to a May 2018 Pew Internet study - http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/

Social Media apps used “Most Often” by U.S. Teens

35%

32%

15%

10%

3%

According to a May 2018 Pew Internet study - http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/

Social Media Effect on Teens Lives

31%

45%

24%

According to a May 2018 Pew Internet study - http://www.pewinternet.org/2018/05/31/teens-social-media-technology-2018/

Social Media Pros/Cons

Stay connected
Crowd-source questions
Boosts self esteem
Helps with student voice
Branding

Cyberbullying
Hurts self esteem
Distraction
Oversharing Personal Info
Face-to-face skills diminished

“Social Media is like water. It’s everywhere and you can either teach us to swim or let us drown”

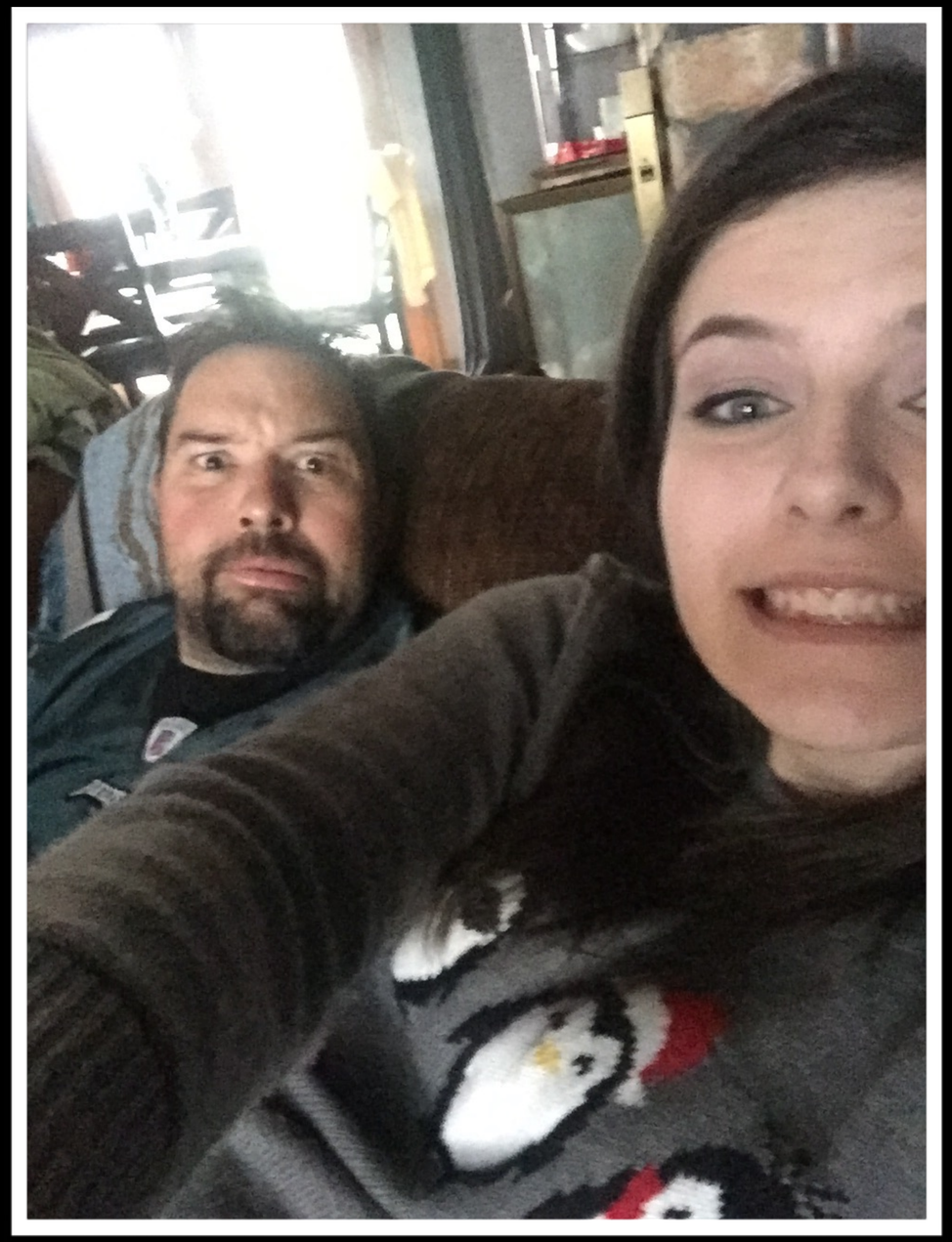
–Student

Social Media Parenting Tips

Carl Hooker
@mrhooker

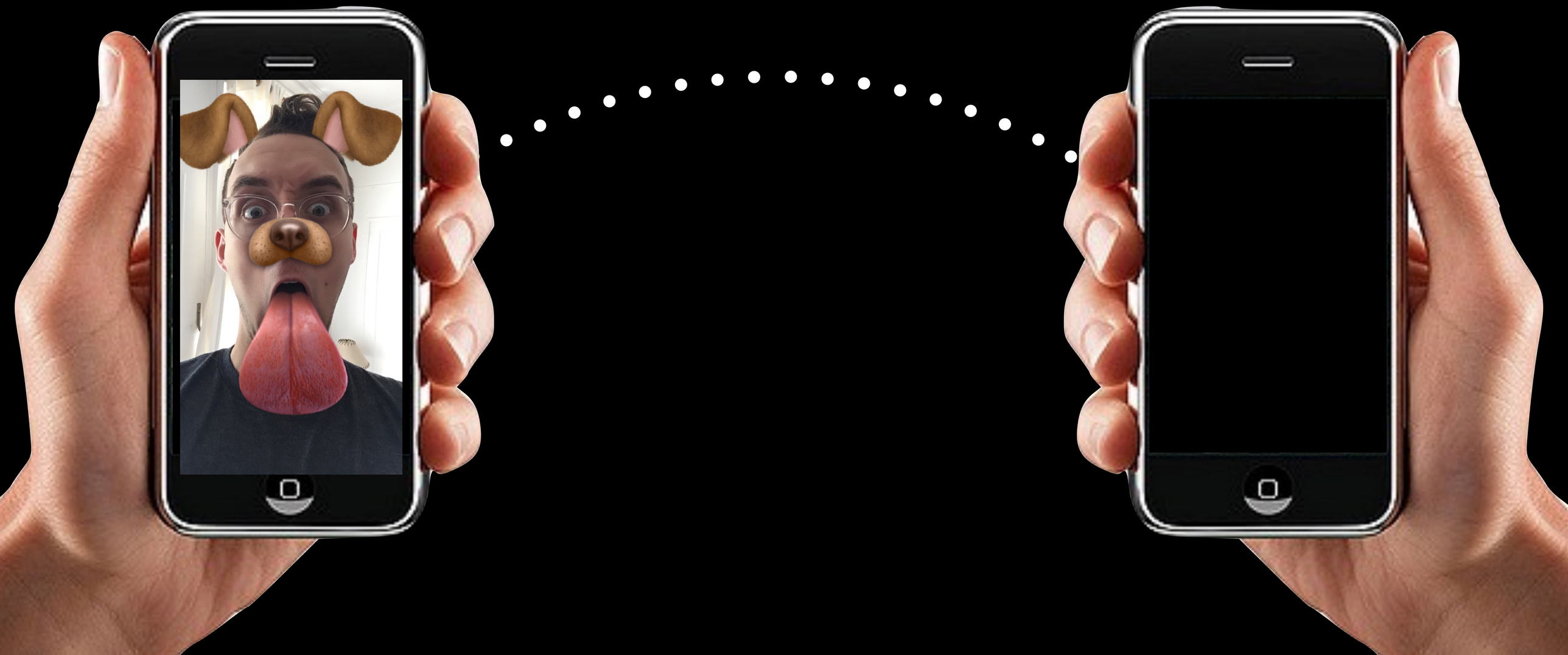
Ask questions
Limit the amount of apps
Open communication when things go awry
Monitor behavioral changes
Check privacy settings
Increased Autonomy = Increased Responsibility
Make a “Social Media Agreement”

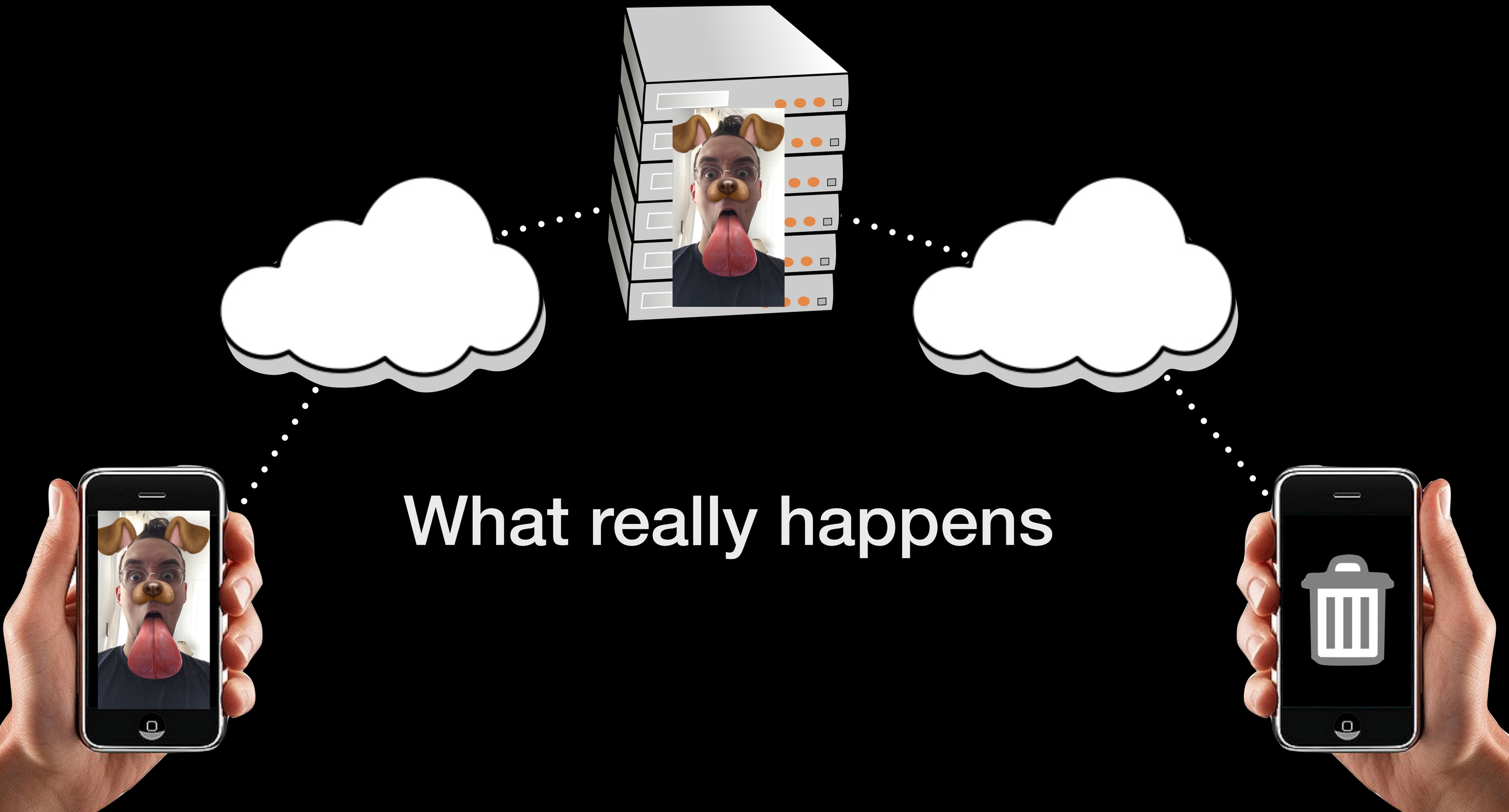
4 Retweets **12** Likes



Hacking SnapChat

How we think messages/photos are sent





What really happens

INTERACTIVE DISCUSSION

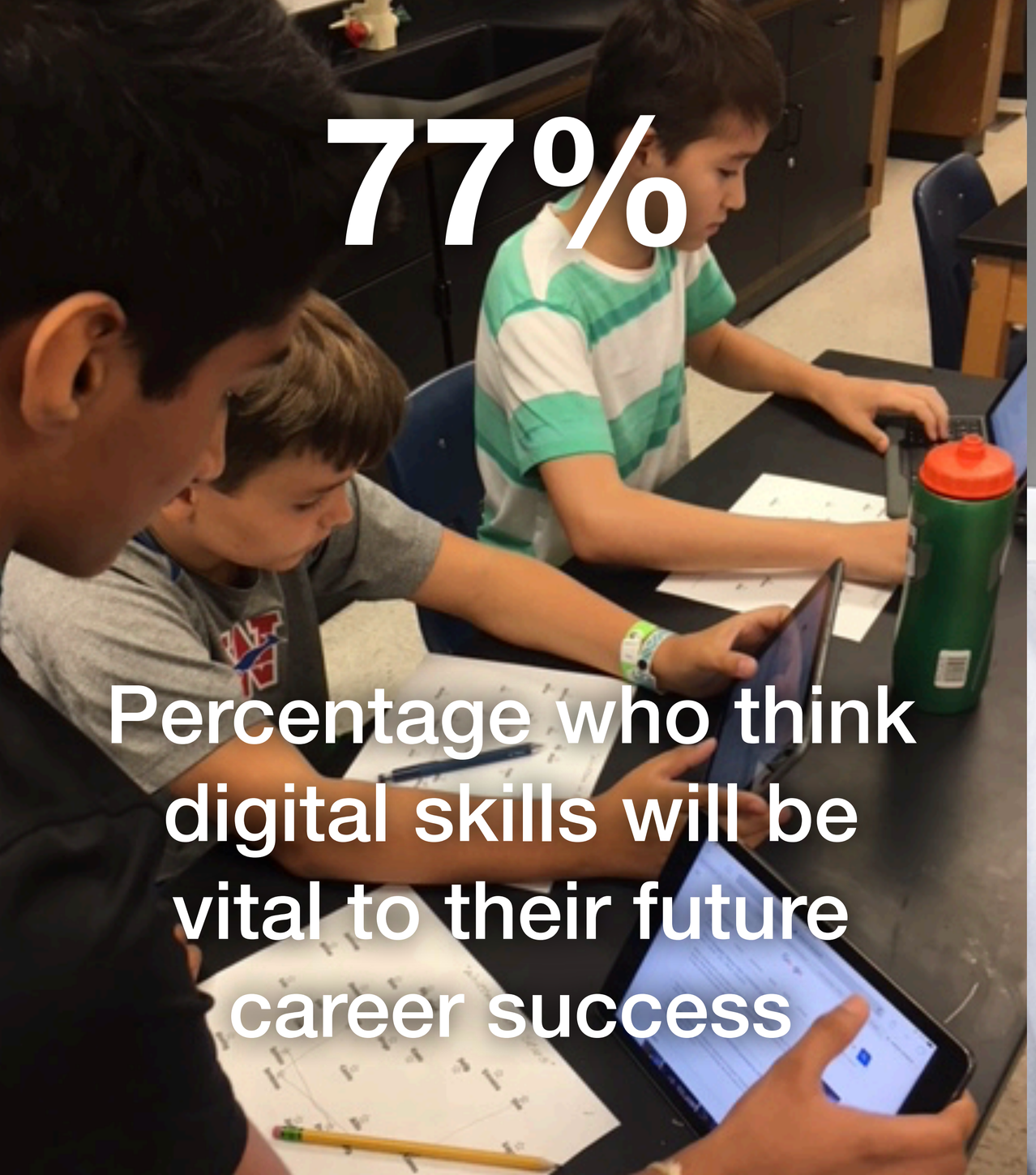
What are some of the ways that technology helps you in your daily life?

When have you used YouTube to help you learn?

PARENTING

Surveillance

Support


77%
Percentage who think digital skills will be vital to their future career success

11%
of parents that encourage their kids to use technology to express creativity or skills

Technology is here to stay, and its ubiquity and power must be harnessed to help our youngest and most vulnerable.

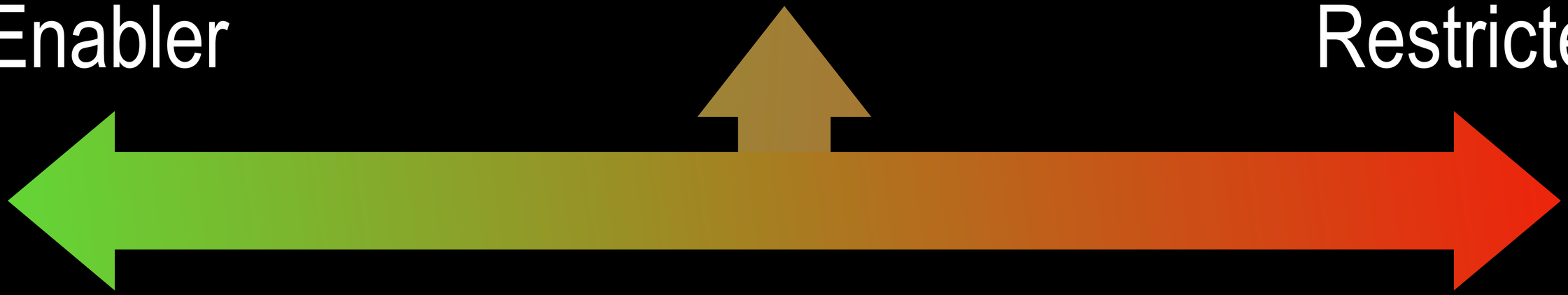
"You can have as many as you want."

MEDIA MENTOR

Mentor

Enabler

Restricter



"You can have as many cupcakes as you want."

"How many cupcakes is appropriate? When should you have it?"

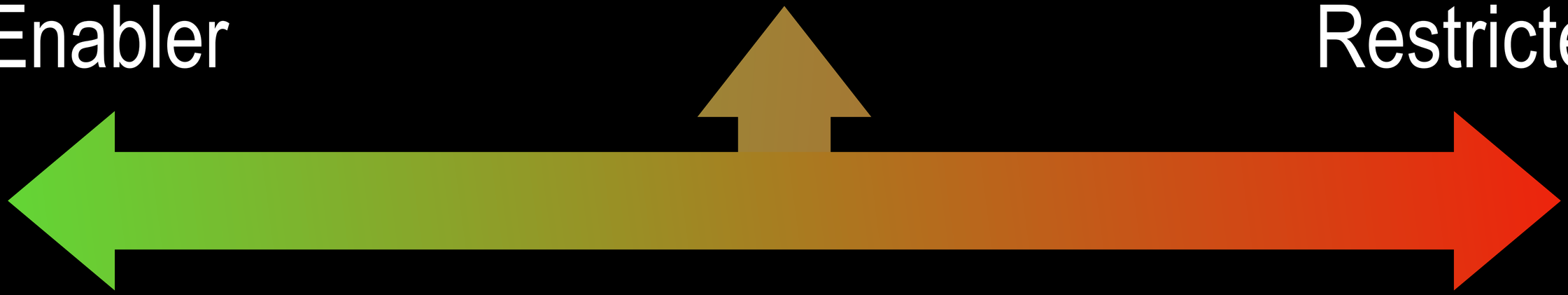
"You can NEVER even look at a cupcake."

MEDIA MENTOR

Mentor

Enabler

Restricter



"You can do whatever you want with your device."

"Why are you using the device? How much time is the right amount of time?"

"You can NEVER be on a device or technology of any kind."

ROCK
star

MEDIA MENTOR

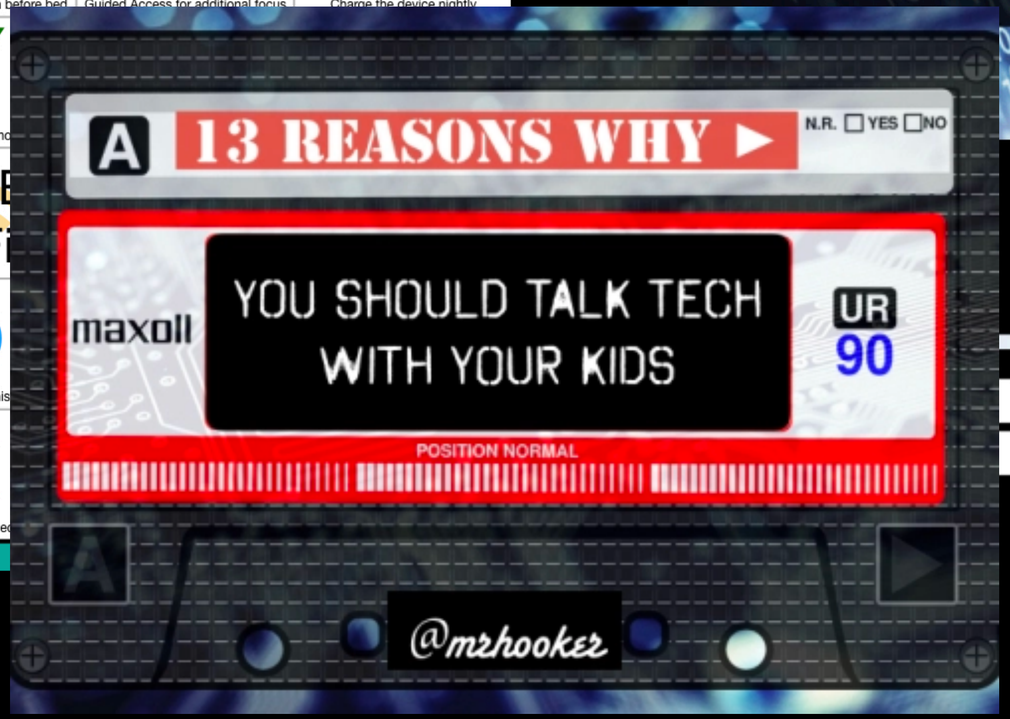
Every kid is different and can change over time.

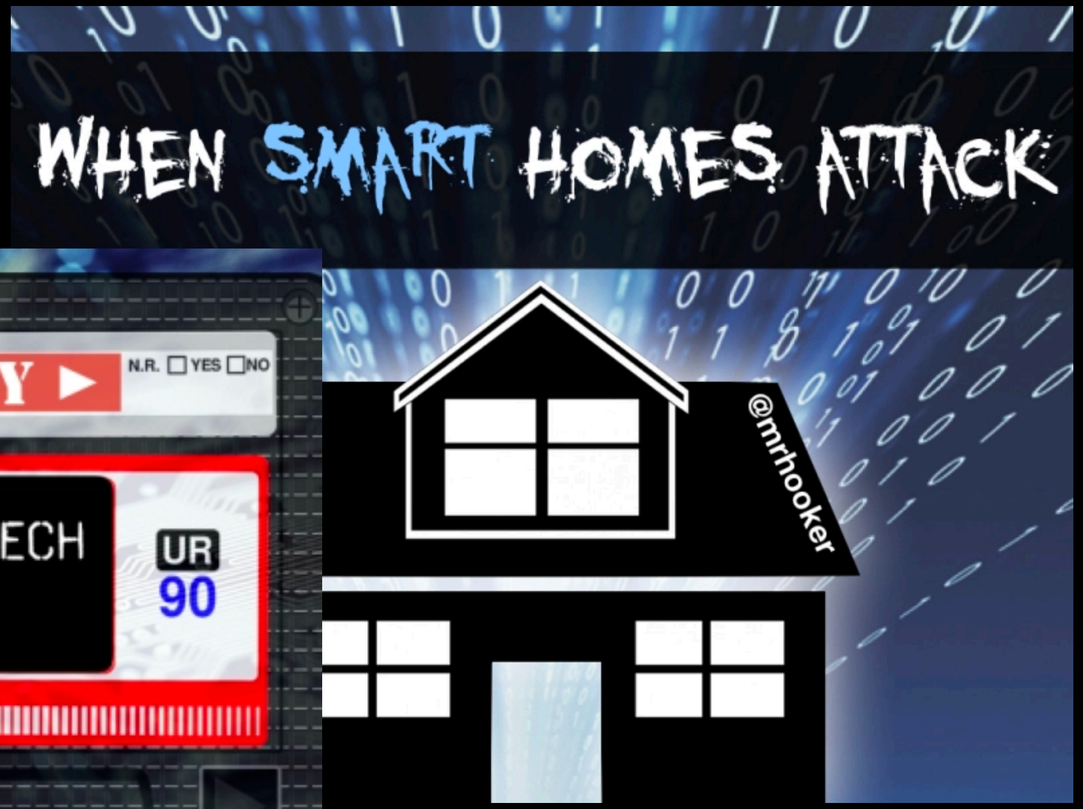
MEDIA MENTOR

Every kid is different and can change over time.

RESOURCES

HookedonInnovation.com





Common Sense Media

https://www.commonsensemedia.org

For Parents | For Educators | For Advocates | For Your Family New | Log in | Sign me up

common sense media

What are you looking for?

Donate

Movies & TV Shows | Books | Apps & Games | Advice for Parents | Latino | Research | About Us

By Age

- Preschoolers (2-4)
- Little Kids (5-7)
- Big Kids (8-9)
- Tweens (10-12)
- Teens (13+)

By Topic

- Cellphones
- Screen Time
- Social Media
- Privacy and Online Safety
- Learning with Technology
- Violence in the Media
- More ...

Parents' Ultimate Guide to ...

- Fortnite
- YouTube
- Snapchat
- TikTok
- Roblox
- YouTube Kids
- Parental Controls
- More ...

Articles

Where Kids Find Hate Online

All Articles

Family Media Agreement

Exposure to graphic images, distressing information, and horrific headlines can affect kids'

Get started

FAMILY MEDIA CONTRACT

Family Media Agreements for Internet Use–

Sample Contract

The best rules are the ones you discuss and agree upon together with your child. Use this contract to promote discussion about your family's rules.

Monitoring

- ☐ My family has rules about when I can and can't use electronic devices that connect to the internet. We agree that I am not allowed to be online:

  _____

  (Examples: during dinner, in my room at night)

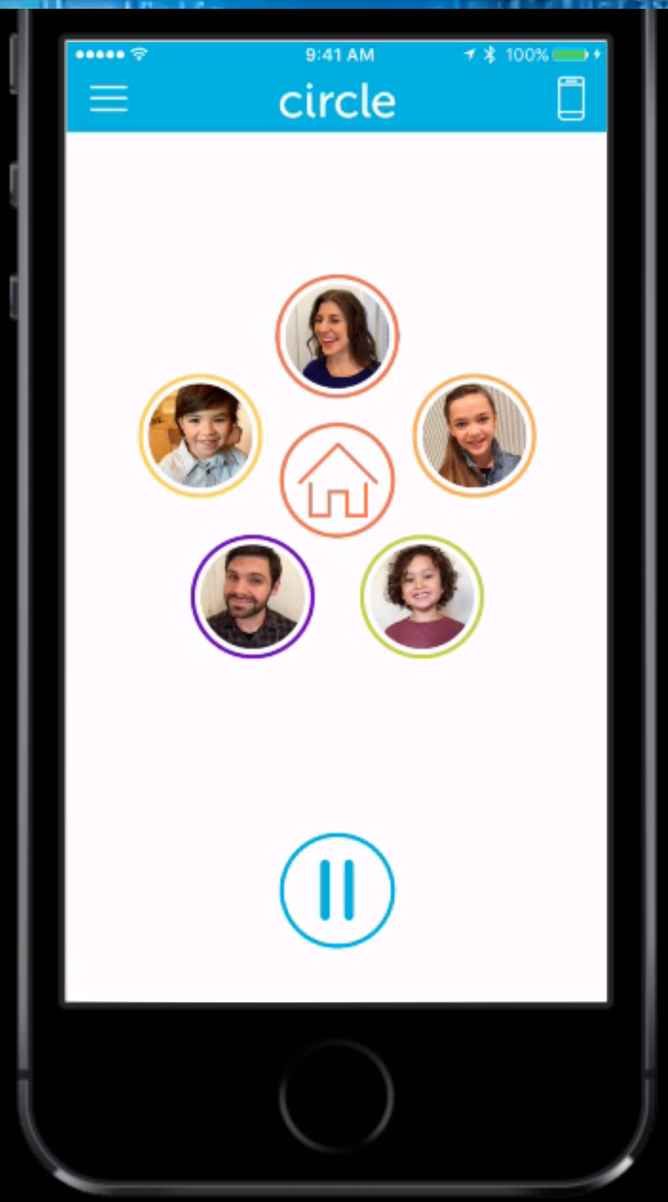
- ☐ I must get permission from my parents to sign up for social media sites or apps on my computer or phone, because some sites/apps are not appropriate for people my age. My parents will reach a decision based on our family's values and my level of maturity and responsibility.
- ☐ I understand that to keep me safe, my parents may sometimes check my email or social media accounts.

http://www.promoteprevent.org/

FAMILY MEDIA CONTRACT

- Promotes being alert and engaged
- Promotes getting along with others
- Promotes solving problems peacefully
- Promotes being secure and calm
- Promote being compassionate and kind

DISNEY CIRCLE



https://meetcircle.com/

CHAP RESEARCH

trashbots
Science and engineering with an artistic twist

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@trashbotsorg

We need to create a generation of empathetic risk-takers
@mrhooker

TECHNOLOGY FEAR THERAPY TALK

Carl Hooker

Educational Consultant & Speaker

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